

ABSTRACT

A method of winding an optical fiber on a reel,
utilizing

5 the optical fiber having the following characteristics:

- effective area is larger than $50 \mu\text{m}^2$,

- zero dispersion wavelength is outside a range of 1530-
1565 nm,

- absolute value of the dispersion value in the entire
10 wavelength range of 1530-1565 nm is in a range of 2-14
ps/nm/km, and

- bending loss at a 1550 nm-wavelength is in 1-100 dB/m
when wound at a diameter of 20 mm, and

the reel with a barrel diameter of 100 to 200 mm; and

15 winding the optical fiber on the reel with satisfying $d < p < 2d$ and $0.004 \leq (2T/D) \leq 0.007$, wherein d is a coating
outer diameter of the fiber (mm), D is a barrel diameter
(mm), T is a winding tension (N), and p is a winding pitch
(mm).

20